

# DONATING FOOD?



Remember the “**Food Drive**”



## 1. Protein:

- ✓ Tuna
- ✓ Chicken
- ✓ Beef Stew
- ✓ Spaghetti
- ✓ Beans (kidney, baked, etc.)
- ✓ Peanut Butter

## 2. Fruits:

- ✓ Peaches
- ✓ Pears
- ✓ Oranges
- ✓ Fruit Cocktail
- ✓ Applesauce

## 3. Vegetables:

- ✓ Mixed Vegetables
- ✓ Carrots
- ✓ Peas
- ✓ Green Beans

## 4. Grains:

- ✓ Cereal
- ✓ Pasta
- ✓ Oatmeal
- ✓ Rice

## 5. Staples:

- ✓ Cooking oil, Soup, Pasta Sauce, Saltines
- ✓ Condiments (Ketchup, Mustard, Mayo, Jelly)

**Canned, boxed, or plastic only, please – NO GLASS!**

Thank you for making a healthy difference for those in need!

**Harold Johnson Delavan Food Pantry**

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